



DEPARTMENT OF THE INTERIOR
INFORMATION SERVICE

office file
9/15

FISH AND WILDLIFE SERVICE

For Release SEPTEMBER 15, 1955

FOR FOOD EDITORS

PLENTY OF FISH AND SHELLFISH ON DECK FOR NATIONAL FISH WEEK

Fish and shellfish will hold the spotlight during National Fish Week, designated by the fishing industry as October 3-8.

Housewives throughout the country will have a wide variety of fishery products to choose from in planning the family meals, advises the Fish and Wildlife Service.

As a result of modern fishing and marketing methods, today's housewives can find just exactly the right fish or shellfish to fit their menu plans and their budgets from the many fresh, frozen, canned, breaded, or specialty forms that are nationally available.

The home economists of the Fish and Wildlife Service recommend the following easy-to-prepare kitchen-tested recipes:

SCALLOP AND PINEAPPLE KABOBS

1 pound scallops
2 cups pineapple chunks
 $\frac{1}{4}$ cup butter or margarine
6 tablespoons brown sugar
1 teaspoon salt
Dash pepper
 $\frac{1}{2}$ cup pineapple juice
(from the chunks)

If scallops are large cut in half. Arrange scallops and pineapple chunks alternately or skewers. Melt butter, add brown sugar, seasonings, and pineapple juice. Dip each skewer in mixture and place across baking dish. Bake in a hot oven 450° F., for 15 minutes. Baste twice during cooking. Serve on skewers. Serves 6.

BAKED RED SNAPPER WITH MUSHROOMS

2 pounds red snapper steaks	2 tablespoons lemon juice
$\frac{1}{4}$ cup butter or other fat, melted	1 teaspoon grated onion
$\frac{1}{2}$ cup chopped mushrooms	1 teaspoon salt
	Dash pepper

Cut steaks into serving-size portions. Place in a well-greased baking pan, 11 x 7 x 1 $\frac{1}{2}$ inches. Combine remaining ingredients and pour over fish. Bake in a moderate oven, 350° F., for 25 to 30 minutes or until fish flakes easily when tested with a fork. Serves 6.

TUNA AND RICE TOSSED SALAD

- 2 cans (6½ or 7 ounces each) tuna
- 1 clove garlic
- 1 cup drained bean sprouts
- ½ cup chopped cucumber
- 1 cup celery crescents
- 2 cups chopped raw spinach
- ½ cup chopped green onion
- 1½ cups cold steamed rice
- 1 tablespoon soy sauce
- ½ cup mayonnaise

Drain and flake tuna. Rub the inside of a salad bowl with the cut surface of a clove of garlic. Have all ingredients chilled. Layer the ingredients into the bowl in the order listed ending with the rice. Blend the soy sauce and mayonnaise and pour over the top and toss lightly. Serves 6.

HALIBUT HAWAIIAN

- 2 halibut steaks (1 pound each)
- 1 teaspoon salt
- 1 cup cooked rice
- 1 cup soft bread crumbs
- 2 tablespoons lemon juice
- 1 cup drained crushed pineapple
- ½ teaspoon curry powder
- ¾ teaspoon salt
- 3 tablespoons butter or other fat, melted
- 3 slices bacon (optional)
- Paprika

Sprinkle steaks with salt. Combine next 6 ingredients. Place one steak in a well-greased baking pan, 11 by 7 by 1½ inches. Place rice mixture on the steak and cover with the remaining steak. Fasten together with toothpicks or skewers. Brush top with butter and lay slices of bacon on top. Bake in a moderate oven, 350° F., for 30 to 40 minutes or until fish flakes easily when tested with a fork. Remove carefully to a hot platter, take out fasteners and garnish. Serves 6.

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